



## **COACH WILL'S MESSAGE**

Parents of Blaster Swimmers-

This summer the Braemar Blasters coaching staff wants to work with the swimmers on developing **Character Education**. We will be talking to your sons and daughters during the swim practices, swim meets, and social events about what things make up good character.

We will be asking our swimmers how they can become better individuals, teammates, neighbors, friends, sons, and daughters, if they constantly remind themselves to make right decisions. We will stress the ideas of playing fair, taking losses or defeats without complaint, and victories without gloating. We will discuss respecting one's self, and others by treating others as you wish to be treated. We will practice imposing self-control, being courteous, and gracefully accepting the results of our actions.

Obviously this topic is very large, and our staff will do it's best to lead by example. In dealing with many of your children, I can tell that many of you already have guided your children in these topics. But, we ask that you as parents continue to engage your children on these same subjects. I believe that your family, our neighborhood, our community, and our country will see the benefits in the long run Thank you.

The Braemar Blasters Coaching Staff

### **Red, White & Blue Pep Rally**

Friday, June 12<sup>th</sup> 6:00pm  
At Iona Sound Pool Grassy Area

Wear your best Blaster Wear...  
and all the Red, White & Blue  
you can find!

All Families please bring a MAIN DISH  
+ PLUS +  
A-G an Appetizer \* H-M a Side Dish  
\* N-Z a Dessert

More details to be emailed  
out in a flyer.

### **Upcoming Social Events**

- June 12<sup>th</sup> - Pep Rally
- June 13<sup>th</sup> - Pizza  
Margherita after the  
Kingsbrooke meet
- June 19<sup>th</sup> - Pep Rally
- June 20<sup>th</sup> - Dad's Night  
Out (Poker Night-  
details coming soon!)
- June 22<sup>nd</sup> - Cold Stone  
Creamery Night  
4:00 - 8:00 pm

## Kingsbrooke Meet

Please arrive at the Kingsbrooke pool no later than 6:00 am. Swimmers need to check in with the relay coordinators (look for Tammy George) by 6:15 am. Anyone who does not check in can get scratched in their relay.

### Directions to Kingsbrooke Pool:

Take Linton Hall towards Gainesville. Turn left onto Worthington Drive, past Bristow Run Elementary School to stop sign. Turn right onto Braided Stream. Pool is on the right.

### 2009 Blasters Competition Schedule

June 6- Time Trials (Home)  
June 13- Kingsbrooke (Away)  
June 20- Wellington (Home)  
June 27- Ben Lomond (Away)  
July 4- *No Meet*  
July 11- Victory Lakes (Home)  
July 18- Dominion Valley (Home)  
July 25- Divisionals (Away at Ridgewood)

### What to bring to a meet:

1. Team suit, team cap, and goggles
2. Sweats for those cool early mornings
3. Two or more towels
4. A folding chair per person, or something comfortable to sit on
5. A hat and plenty of sunscreen
6. Games such as cards, coloring books, or things that aren't very valuable
7. Lots of water and/or sports drinks
8. Healthy, low-sugar, snacks or money to buy healthy items at the concessions stand

### IMPORTANT!

If you are going to miss a meet, you **MUST** leave the coaches a note in the Coaches' Book, which is located in the front of the team box. The team box can be found at every practice.

Each family has a folder in the box. Check yours often!

You must also notify the 'head' of your volunteer group if you will miss a meet.

**The team will be meeting at Pizza Margherita after the Kingsbrooke meet. Let's eat some pizza and celebrate the meet!**

5115 Wellington Road  
Gainesville, VA 20155



**Please do not wear your Braemar Blasters suit to swim practices.** The suit will wear out by the end of the season if you don't save it for meets.

Congratulations to the following swimmers for unofficially breaking team records at time trials. Records only count at real meets, but look for these records to officially fall soon!

**Megan Roloff- 8 & U Free (17.84)  
and 8 & U Back (20.55)  
Amy Tansill- 13/14 Breast (39.88)**

### Inclement weather?

Not sure if practice is on?

*Call the pool!*

Iona Sound Pool- 703-393-1970

Rob Roy Pool- 703-361-0367

